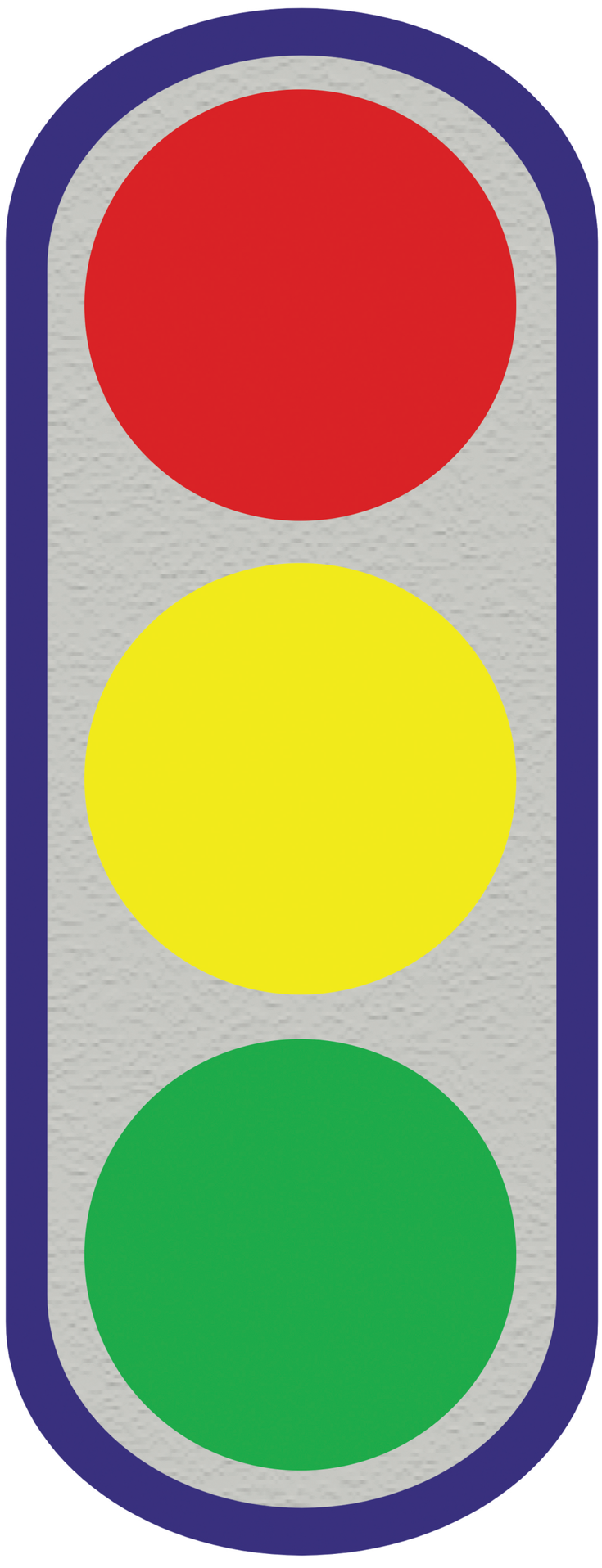
IMPULSE MANAGEMENT



STOP!

Gasp **a long, deep breath.**

THINK

of options.

GO

with your best choice.